

What is claimed:

1. A bagel topping, comprising:
a monolithic cream cheese disk having an upper surface
and a lower surface with an aperture extending between said
surfaces.

2. The bagel topping of claim 1, wherein said disk
is not formed insitu on a bagel.

3. The bagel topping of claim 1, wherein said disk
has a centerline, and wherein said aperture is formed
around said centerline.

4. The bagel topping of claim 1, wherein said disk
has a circular periphery.

5. The bagel topping of claim 1, wherein said disk
has a polygonal periphery.

6. The bagel topping of claim 1, wherein said disk
has a periphery corresponding to a bagel shape.

7. The bagel topping of claim 1, wherein said upper
surface and said lower surface are substantially flat, and

wherein said upper surface is adapted to abut a surface of a first bagel slice and said lower surface is adapted to abut a surface of a second bagel slice.

8. The bagel topping of claim 1, wherein said disk has a thickness within a range of about 1/8 inch to about 3/8 inch.

9. The bagel topping of claim 1, wherein said disk is formed of an artificial cream cheese material.

10. The bagel topping of claim 1, wherein said disk has a substantially stable three-dimensional shape.

11. The bagel topping of claim 1, wherein said disk has a centerline;

wherein said aperture is formed around and along said centerline;

wherein said upper surface and said lower surface are substantially flat and parallel to one another;

wherein said upper surface is adapted to abut a surface of a first bagel slice and said lower surface is adapted to abut a surface of a second bagel slice; and

wherein said disk is formed separate and apart from
said bagel.

12. The bagel of claim 11, wherein said disk is
formed by casting in a mold.

13. The bagel of claim 1, wherein said disk is cast.

14. A topping, comprising:
a cream cheese annular body formed by molding, said
body having a first flat bagel abutting surface and a
second flat bagel abutting surface spaced from said first
flat surface, and wherein said body has a hole between said
first flat surface and said second flat surface.

15. The topping of claim 14, wherein said body
defines a single piece ring.

16. The topping of claim 14, wherein said body
includes a plurality of ring portions abutting one another
to define a ring.

17. The topping of claim 14, wherein said body
has a substantially circular periphery and said hole is

circular, and wherein said periphery and said hole are coaxial.

18. The topping of claim 14, wherein said body is a single piece structure sized to be received on a bagel for consumption by a human, and wherein said body is a plate with said hole located substantially central in said plate.

19. The topping of claim 14, wherein said body is molded in a mold and separate from a bagel surface.

20. A method of serving a bagel, comprising:
separating a bagel into a first bagel shaped portion having a first surface and a second bagel shaped portion having a second surface;
placing a preformed single piece cream cheese body having a hole in the center on the first surface, said placing causes one surface of the body to abut the first surface; and
setting the second bagel shaped portion on the other surface of the preformed single piece cream cheese body.

21. The method of claim 20, which further includes unwrapping said body prior to said placing.

22. The method of claim 20, wherein said placing forms a cream cheese layer without performing any spreading act.

23. A combination comprising:

a first bagel slice having a first topping receiving surface;

a second bagel slice having a second topping receiving surface; and

a monolithic cream cheese disk having an upper surface and a lower surface with an aperture extending between said surfaces, said disk located between said first bagel slice and said second bagel slice with said upper surface abutting said first topping receiving surface and said lower surface abutting said second topping receiving surface.

24. The combination of claim 23, wherein said disk is formed independently of said bagel slices.

25. The combination of claim 23, wherein said disk substantially covers said topping receiving surfaces.